

Before you start your excursion:

- Mountaineering requires preparation: train yourself and inform you.
- Plan the activity and its duration:
 - Choose the activity appropriate to the experience of the group,
 - Consult guidebooks and maps of the route,
 - Remember that one of the main causes of mountain accidents is disorientation. So practice constantly with maps, compass and altimeter.
 - Examine alternatives to return to the start point in case of bad weather or problems.
- The weather in the mountains is very changeable. Check the weather forecast and do not start your excursion if the predictions are bad.
- Go always accompanied and inform someone of the route you will take and its duration (keep in mind the hour of the sunset and in summer it's advisable to leave early to avoid the heat and thunderstorms in the afternoon).
- Use the right equipment for the activity:
 - Mountain boots or suitable sports shoes with profile sole
 - Clothing for all weather conditions (hot, cold and wet),
 - Sunglasses and sun protection,
 - Mobile phone with the battery fully charged,
 - Map, compass and/or GPS

During the excursion

- Keep an eye on the weather and be prepared to turn back if the weather conditions turn against you,
- When you go in group, don't separate from the group and leave nobody alone. Ration your energy and those of the group. Don't hesitate to turn back if something doesn't go as planned or take a shorter route.
- Pay attention to reference points on the route, so you can orientate you easier on the way back.
- Take ample food and drink for each member of the group.
Remember that there are natural hazards which are difficult to control and can be fatal:
 - Storms and particularly lightning.
 - Sudden increases of the water level of streams and in ravines.
 - Strong wind,
 - Mist,
 - Snowfall, avalanches, collapse of cornices and presence of ice.
- **Keep the number of the emergency services at hand: 112** (messages SMS for deaf **679 43 62 00**).
- **International hand signs for rescue:**
Two arms up (Yes) **YES** I need help (*Maintain this position. Do not wave arms*)
One arm up (No) **NO** I don't need help



What you have to say? (Stay calm)

- How many persons are involved and their age,
- Place of the accident,
- Condition of the involved person(s): injured?, conscious?, blood?, breathing?.
- Weather conditions on the place of the accident.

Source: Workgroup formed by:

- Council of Saldes
- Fire Department of the Generalitat of Catalonia
- Catalan Hikers Federation (FEEC)
- Natural Park of Cadí-Moixeró

Ajuntament de Saldes / Centre d'Informació del Massís del Pedraforca.

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Comabona from Coll de Bauma along Pleta de Guilla

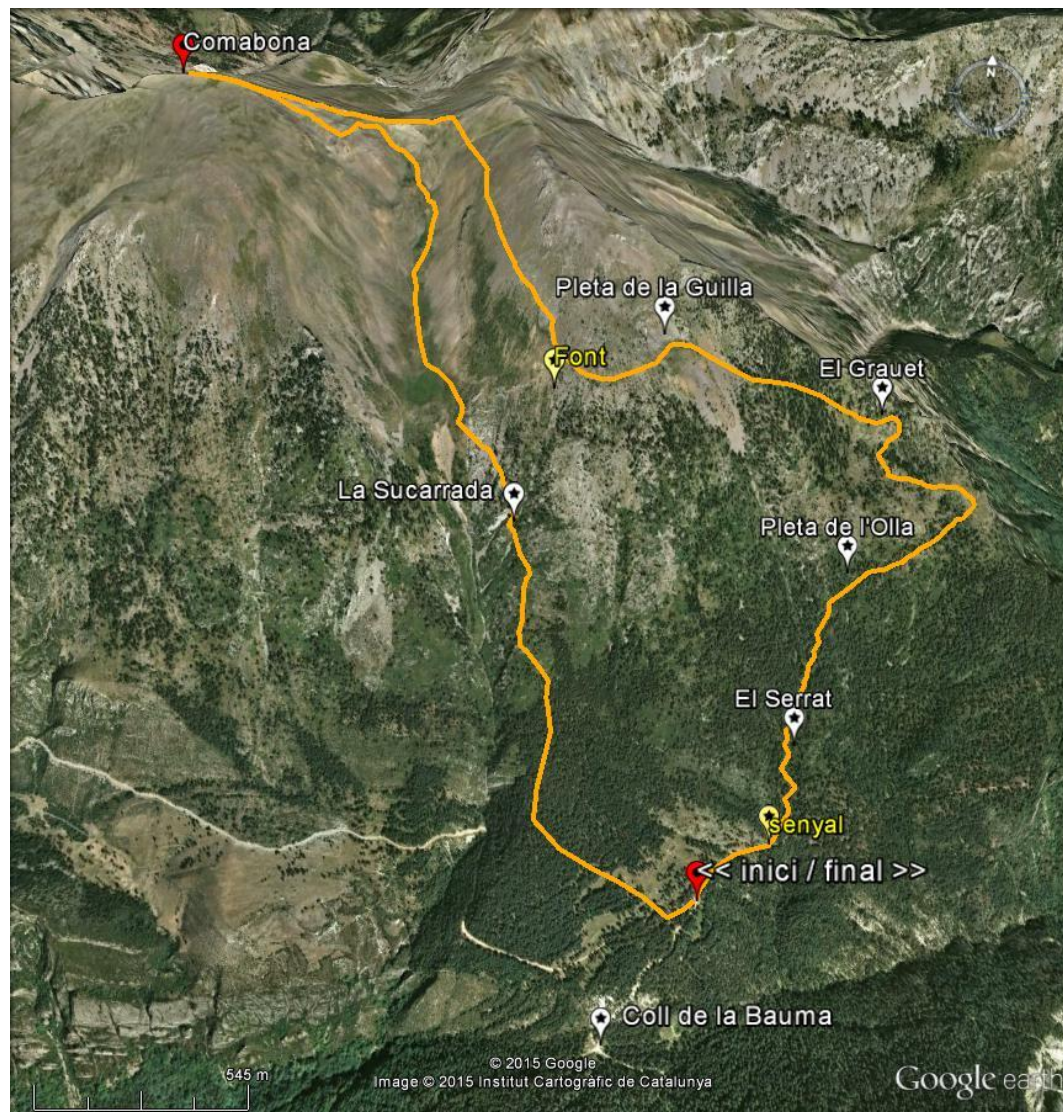


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Start point: Coll de Bauma



From Saldes take the dirt track Saldes – Gresolet – Coll de Bauma. At Coll de Bauma turn left, dirt track that converges with the hiking route GR 107 (Camí dels Bons Homes) from Gisclareny to Collell (recommended 4x4). Leave the vehicle in the bend after Coll de Bauma, where another dirt track leaves on the right and which is closed with a barrier. Also accessible from de Bagà via Gisclareny.

Way marking:



White and green marks (SL Ruta C) on the entire route.

Difficulty: MEDIUM



Dangerous in winter conditions (*Hibernal high mountain experience and equipment necessary*)

Ascent: 954 m (3,129 ft)

Distance: 7.4 km (4 mi 1053 yd) (4.4 km ascent and 3 km descent)

Estimated time: In normal conditions: **4:30 hours** (without breaks), from which 3h going up.

Map: Map Serra del Cadí – Pedraforca 1:25.000 - Editorial Alpina, Granollers

Remember:

Leave early to avoid that, if the excursion last longer, it darken and also the typical thunderstorms in the afternoon.

Respect private property, farming lands and close cattle fences, if there are. Respect also wildlife and plants.

Please, help us to keep the mountain clean! Take your garbage, and other that you find, with you. Drop the rubbish in the containers which you will find in the nearby villages.

Disclaimer:

Neither the council of Saldes, nor the organizations mentioned in this leaflet, cannot held responsible neither for accidents nor for damages caused to the users during the accomplishment of this route nor for way marking defects that occasionally may be there. However, with respect to any kind of deficiencies that you could find, please notify us.

Emergency services number: 112

App to call to CAT112 with geolocation



descarrega l'App

